

## Take Action At the Office



**Recycle** glass, paper, aluminum and plastics.

**Buy recycled paper** products and supplies.



**Work close to home** or even telecommute when possible. Sitting in gridlock wastes your time and the planet's fuel.

**Turn down the air conditioning.**



**Shutting off your computer** at closing time will reduce its carbon dioxide emissions by 83%.

**Install a programmable light timer** that reduces light usage during off-peak hours.

**Install a programmable thermostat** and talk to your employer about other ways to save energy at work.

### Sources:

- An Inconvenient Truth - [www.climatecrisis.net/takeaction/whatyoucando/](http://www.climatecrisis.net/takeaction/whatyoucando/)
- TIME Magazine, April 9, 2007 (pg. 70-100)

## Take Action Inside the Home



**Get a home energy audit** to learn if your home is poorly insulated or energy efficient. For information on how, go to [www.energystar.gov](http://www.energystar.gov).

**Replace a regular incandescent light bulb** with a compact fluorescent bulb (CFL) and bring your old bulbs to a recycling center. For a list of locations in your neighborhood to recycle and properly dispose CFL's please visit [www.sfenvironment.org](http://www.sfenvironment.org).

**Move your thermostat down** 2° in the winter and up 2° in the summer.

**Clean or replace filters** on your furnace and air conditioner.

**Install window shading.**

**Install a programmable thermostat.** You can save 3% of your monthly energy usage.

**Look for the Energy Star® label** when choosing appliances.

**Use less hot water** installing a low flow showerhead and faucet aerators in both the kitchen and bathroom. The SFPUC provides FREE aerators and efficient showerheads to all San Francisco residents. For more information, call 415-551-3000 or visit [www.sfwater.org](http://www.sfwater.org).

**Turn off and unplug appliances** not in use. Avoid using your appliances during peak hours, from 4pm to 6pm.

**Turn down the thermostat** on the water heater and wrap your older model with a water heater blanket.

**Switch to Green Power.** In many areas, you can purchase energy generated by clean, renewable sources such as wind and solar. To find out what is available in your neighborhood, contact the Green Power Network. [www.eere.energy.gov/greenpower](http://www.eere.energy.gov/greenpower)



### Mark Leno

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Assemblyman, 13th District

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#### Assembly Website:

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Everyone is talking about  
**Global Warming**

## Take Action

Reduce your  
**Carbon Footprint**







## California State Assembly

**MARK LENO**

ASSEMBLYMAN, 13TH DISTRICT

Dear Neighbor,

Reducing the effects of global warming and climate change may be the most important issue of our time. Last year, Assembly Bill 32 was signed into law to continue California's fight against climate change. Now, it is time to **take action**.

Whether you are at home, shopping, on the road, or at work, the energy you use in your daily life has an impact on climate change. This is also known as your **carbon footprint**. Our collective carbon footprints can be seen almost everywhere: glaciers are melting, warmer seasons are becoming longer and there are more severe storms and droughts.

Combating global warming may seem like an overwhelming task, but there are many simple ways you can reduce your carbon footprint and make a difference. For instance, a compact florescent light (CFL) bulb uses 60% less energy than a regular bulb and can save you money on your monthly energy bill. (However, it's important to remember to properly dispose of CFL bulbs at a waste handler's collection site in your neighborhood.) Also, consider buying recycled paper products. It takes 70-90% less energy to make recycled paper and it helps save resources.

This brochure provides a variety of tips on how to cut back on the energy you use in your daily life and includes many helpful resources.

For more information on how you can reduce your carbon footprint, please contact my office at (415) 557-3013.

Thank you,  
Mark Leno

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## Resources for Action

### San Francisco Agencies

San Francisco Public Utilities  
Commission  
[www.sfwater.org](http://www.sfwater.org)

San Francisco Department  
of Environment  
[www.sfenvironment.org](http://www.sfenvironment.org)

Bay Area Transit Information  
[www.511.org](http://www.511.org)

Bay Area Bicycling  
Resource Guide  
[www.bicycling.511.org](http://www.bicycling.511.org)

### California Agencies

California Climate Change  
Portal  
[www.climatechange.ca.gov](http://www.climatechange.ca.gov)

California Climate Action  
Registry  
[www.climateregistry.org](http://www.climateregistry.org)

California Environmental  
Protection Agency  
[www.calepa.ca.gov](http://www.calepa.ca.gov)

California Energy Commission  
[www.energy.ca.gov](http://www.energy.ca.gov)

### Federal Agencies

Energy Star (U.S.  
Environmental Protection  
Agency & U.S. Dept of Energy)  
[www.energystar.gov](http://www.energystar.gov)

U.S. Department of Energy:  
Green Power  
[www.eere.energy.gov/greenpower](http://www.eere.energy.gov/greenpower)

### Organizations

California Federation  
of Certified Farmers' Markets  
[www.cafarmersmarkets.com](http://www.cafarmersmarkets.com)

International Council for  
Local Environmental Initiative  
[www.iclei.org](http://www.iclei.org)

Tips on How to **Reduce Your Carbon Footprint**

## Take Action In The Kitchen



**Take advantage of San Francisco's Innovative Composting Program** by putting your food and plant waste in your green cart. For more information, call (415) 330-1300.



**Support your local farmer.** Buying locally will save fuel and keep money in your community. To find a farmer's market in your area, visit [www.cafarmersmarkets.com](http://www.cafarmersmarkets.com)



**Buy fresh foods** instead of frozen. Frozen food uses 10 times more energy to produce and deliver.

**Avoid heavily packaged products** and cut down on your garbage. Give back that extra napkin or sugar packet. Carry the gallon of milk by the handle instead of using a bag.

**Buy organic foods.** Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms.

**BYOB, Bring Your Own Bag**, when you visit the grocery store.

**Clean your refrigerator's coils** and give it some breathing room.

## Take Action On the Road



**Cut back on driving** by walking, biking or taking public transportation. To find Bay Area transit routes and transit agency and Amtrak bicycle policies, please visit [www.bicycling.511.org](http://www.bicycling.511.org).



**Start a carpool** with your coworkers or classmates, or sign up to carpool with people in your area for free at [www.rideshare.511.org](http://www.rideshare.511.org).



**Keep your car tuned up** and your tires properly inflated. Giving your engine a tune-up can improve gas mileage by more than 4%. Replacing a clogged air filter can boost efficiency by 10%. And keeping your tires properly inflated can improve gas mileage by more than 3%.

**When purchasing a car**, choose a fuel efficient vehicle. To discover advantages clean vehicles offer, including price incentives, go to [www.driveclean.ca.gov](http://www.driveclean.ca.gov).

**Fly less** and purchase "Carbon Offsets" to balance out your travel.

**Travel Green.** When going on vacation or on a business trip, take your "green principles" with you.

**Minimize the amount of time your vehicle idles** by parking instead of using the "drive-up" lanes.

(clip and save)